

COUNTRY SQUAD

Country Squad trains 4 sessions per week and swimmers are required to commit to the sessions available with a goal of achieving qualifying times for Victorian Country Championships. Close attention is paid to consolidating good technique and developing further race skills in preparation for higher competition. Swimmers will also be taught how to train through anaerobic sessions designed for racing.

The season is divided into 3 cycles with preparation for the following major competitions.

COUNTRY SQUADS – Coaches: Jo Ballantyne

Cycle 1	23 Apr – 31 Aug <i>Preparation for winter club meets and Vic Country SC (18-19 Aug)</i>
Cycle 2	03 Sep – 27 Jan <i>Preparation for State Sprints (12-13 Jan) and Victorian Country Championships (25--27 Jan)</i>
Cycle 3	28 Jan – 25 Mar <i>Preparation for Country All Junior (02-03 Mar) Gippsland Championships (09-11 Mar)</i>

Team Manager: Jo Griffin

TRAINING TIMES

DAY	TIME	VENUE
Monday	6.00 - 7.30pm	Warragul
Thursday	6.00pm – 7.30pm	Warragul
Friday	6.00pm – 7.30pm	Warragul
Saturday <i>Start 02 June</i>	6.00am – 7.00am 7.00am – 8.00am (Dry Land)	Warragul Warragul (Fitness Room)

SQUAD MEMBERS

Lexie Nicholson	Cailean Thomas	Kade Cannon
Jesse Griffin	Sam Nielsen	Hamish Zurrer
Tea Vanschyndel	Saharah Hammond	Mikayla McDonald
Sophia Djuric	Jasmine Spencer	Ava Foltin
Harry Coster	Makaylan Di Sisto	Archie Dunn
Riley Butters	Hugh McKinley	Max Richards
Jack		

Should you have any questions regarding squad allocation please contact Coaching Coordinator Paul Myers ph: 0419 877 490 myersholdings@dcsi.net.au